# Not Just Surviving – Thriving: Life-Work Balance from the Inside Out

Presented by

Jon Morse

# Defining Balance

- Myth of the balanced life
- Balance is not a static point
- Work that you love & love in your life
- Separation not possible – you have only one life

# Habits of Mind

Time

Attitude

Priorities

# Habits of Mind

Minding Time

*“A slow sort of country!” said the Queen. “Now, here, you see, it takes all the running you can do, to keep in the same place. If you want to get somewhere else, you must run at least twice as fast as that!”*

--Lewis Carroll, *Alice in Wonderland*

# Which ‘color’ is most like you?

## Group Exercise

- Energizing/Orange?
- Planning/Gold?
- Analyzing/Green?
- Encouraging/Blue?

# Habits of Mind

Mind your
Attitude

# Resiliency

# Resiliency

- Support network
- Generally flexible
- Self-reliant
- Curious
- Generally optimistic

# Optimism
## *Permanence*

- Permanent (Pessimistic)

"I'm all washed up."

"Diets never work"

- Temporary (Optimistic)

"I'm too tired to complete this task."

"Diets don't work when I don't plan ahead."

# Optimism
## *Pervasiveness*

- Universal

(Pessimistic)

"All dietitians are obsessive."

"I'm pushy."

- Specific

(Optimistic)

"Ms. Ortiz is obsessive."

"Joan sees me as pushy."

# Optimism
## *Personalization and Hope*

- Low self-esteem

"I'm stupid."

"My teammate's skill ...."

"A stroke of luck..."

"Women are moody."

- High self-esteem

"The situation is stupid."

"My skill..."

"I can take advantage of luck..."

"My wife was in a bad mood."

# Critical Point:

Both pessimistic beliefs and optimistic beliefs are just that

– beliefs.

# Advantages for Optimists

- Increased motivation
- Superior achievement in work, school, & sports
- Elevated mood & well-being
- Better physical health

# A Brief Pause

- What to know more?

  www.TheCenterforSuccess.com

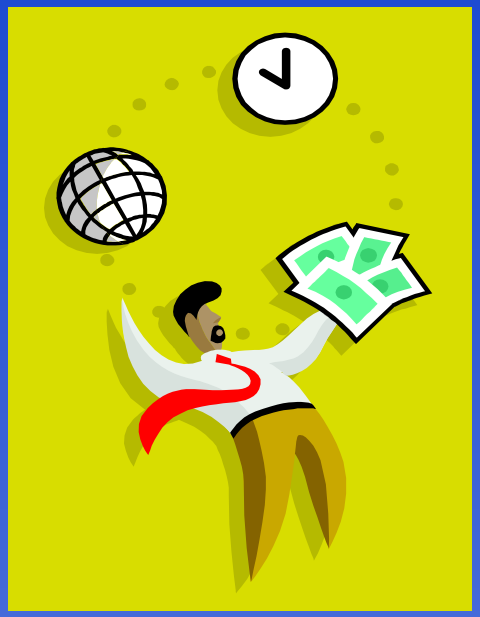
- Evaluation

- E-newsletters

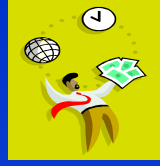
  *WellDiet*

  The Center for Success

# Habits of Mind



A Priority Mindset



# **Af-flu-en-za** n.

1. The bloated, sluggish and unfulfilled feeling that results from efforts to keep up with the Joneses.

2. An epidemic of stress, overwork, waste & indebtedness caused by dogged pursuit of the American Dream.

3. An unsustainable addiction to economic growth.

**Which of the following is comparable to the size of a typical three-car garage?**

a. A basketball court
b. A McDonald's restaurant
c. An "RV" (recreational vehicle)
d. The average home in the 1950's

**True or false? Americans carry $1 billion in personal debt, NOT Including real estate and mortgages.**

**In the industrialized world, where is the US ranked in terms of its income equality between the rich and the poor? (First Being the most income-equal.)**

- 1st
- 5th
- 12th
- 22nd

**Of the Americans who voluntarily cut back their consumption, what percent said that they are happier as a result?**

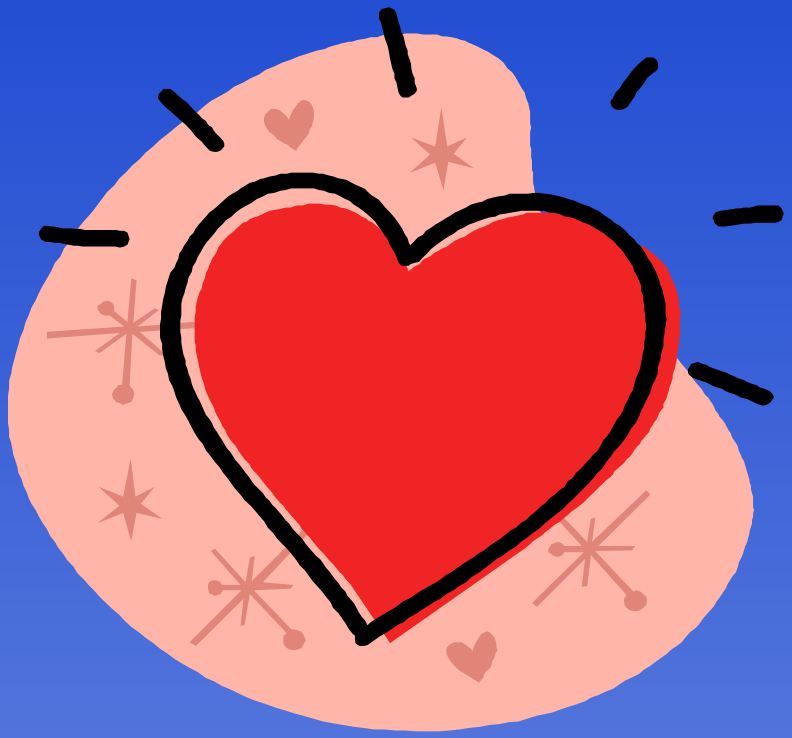
a. 29%
b. 42%
c. 67%
d. 86%

→ Pretend the Joneses are the thriftiest, least wasteful people on the block.
Then try to keep up with them.

“First things first.”

“Making most of work day and giving ame attention and time to personal life.”

# What gifts does your heart need?



# Balancing Equation

Time + Attitude + Priorities

= Life-Work Balance

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